

The present invention relates to a method for increasing lactose tolerance in individuals or mammals who exhibit lactose intolerant symptoms.

Abstract

The method for increasing lactose tolerance in subjects exhibiting lactose intolerance. Implements a protocol where the subjects ingest a gradually increasing amount of lactose containing product over a six week period. This lactose powder can be enhanced and more effective with the use of such ingredients as *Lactobacillus sporogenes* and *L. Acidophilus*. At various points during the six week period the subject ingests the lactose containing product once a day and then twice a day. The lactose containing product can be in liquid form, such as for example, milk and is preferably in a powder form which is taken either by ingesting capsules or in a granular form mixed with water or other non-lactose containing liquid. At the end of the six week period, the subject's tolerance for lactose containing products is substantially increased, with the potential of eliminating the subject's lactose intolerant behavior indefinitely.